

## Calendar

### Have a safe day!

Monday, Nov. 1

2 p.m.

#### [Particle Astrophysics Seminar](#)

Speaker: Bob Poltis, University at Buffalo

Title: Can Primordial Magnetic Fields Seeded by Electroweak Strings

Cause an Alignment of Quasar Axes on Cosmological Scales?

3:30 p.m.

DIRECTOR'S COFFEE

BREAK - 2nd Flr X-Over

4 p.m.

All Experimenters' Meeting

Special Topics: Lattice QCD: New Computing Cluster ("Ds"); T-978 CALICE DHCAL in MTest Beamline

Tuesday, Nov. 2

3:30 p.m.

DIRECTOR'S COFFEE

BREAK - 2nd Flr X-Over

4 p.m.

#### [Accelerator Physics and Technology Seminar](#)

Speaker: Bill Pellico, Fermilab

Title: Proton Source Task Force Report

Click here for [NALCAL](#), a weekly calendar with links to additional information.

#### [Upcoming conferences](#)

## Campaigns

### [Take Five](#)

### [Tune IT Up](#)

## Weather



Mostly Sunny  
55°/29°

[Extended Forecast](#)  
[Weather at Fermilab](#)

## Feature

### Physics for Everyone: 12:30 p.m. Nov. 3 in auditorium



Come to the next Physics for Everyone lecture, "What can the cosmos can tell us?" on Nov. 3. M78 nebula. *Credit: Sloan Digital Sky Survey*

Probing the cosmos for secrets to some of the universe's greatest mysteries is all in a day's work for some Fermilab scientists.

Come to the next installment of the Physics for Everyone lecture series, "What the cosmos can tell us," to learn more about dark matter and dark energy as well as how and why Fermilab scientists are seeking to understand these concepts.

Fermilab scientist Brenna Flaughner will talk about experiments and projects at the Cosmic Frontier, what they're looking for, why and what we can learn from astrophysics.

"What the cosmos can tell us" will take place from 12:30 – 1:30 p.m. on Wednesday, Nov. 3, in Ramsey Auditorium. There will be time for questions and answers. The lecture is part of a non-technical series about Fermilab science and culture. A video of the first lecture by scientist Herman White is [now available online](#).

### Special Announcement

### New training requirement for records management

Fermilab employees and other personnel working on the Fermilab site will receive an e-mail about a new online training module on records management, which is part of your ITNA requirement. Please check your e-mail and complete this 20-minute course online. For more information, see Friday's [announcement](#) in *Fermilab Today*.

## ES&H Tip of the Week - Computer Security



### Phished passwords an expensive catch



Don't give out your password. Photo: [stock.xchng/Rehan](#)

When someone responds to a phishing e-mail and gives up a password, it costs the laboratory a lot of time and money.

A multitude of people at the laboratory become involved in addressing the problem, including the incident response team, security team, Service Desk employees, the system manager and the user who gave up the password.

It costs the laboratory an estimated \$2,000 each time a password gets revealed to phishers. That cost does not account for the embarrassment of having the account used to spam other organizations. It also is really inconvenient for the user, and the user may lose some personal information from the e-mail messages. So why do people keep replying to phishing e-mails that ask for their passwords?

People trust authority and phishing e-mails are crafted to sound like they come from someone in authority: webmasters, the e-mail team, the Service Desk or the security team. It's easy to make e-mail look authentic, unlike brick-and-mortar type traditional institutions that we've come to trust, such as banks and ATMs. No one would go to the expense of building a façade that looked like a real bank so they could get you to deposit your money, but it's easy to make e-mail look like it comes from someone you trust. But it doesn't matter whether e-mail looks authentic, or whether it actually comes from someone you trust, don't ever give up your password.

## Current Security Status

[Secon Level 3](#)

## Wilson Hall Cafe

Monday, Nov. 1

- Breakfast: Croissant sandwich
- Spicy beef & rice soup
- Corned-beef reuben
- Roast pork loin
- Lasagna
- Chicken Oriental wrap
- pineapple
- Assorted sliced pizza
- Pacific Rim rice bowl

[Wilson Hall Cafe Menu](#)

## Chez Leon

Wednesday, Nov. 3

Lunch  
Northern Italian lasagna  
Caesar salad  
Cassata

Thursday, Nov. 4

Dinner  
Mixed greens w/ pecans, goat cheese & dried cranberries  
Lamb chops w/ herb & olive crust  
Garlic mashed potatoes  
Sauteed tri-colored peppers  
Pear tart

[Chez Leon Menu](#)

Call x3524 to make your reservation.

## Archives

[Fermilab Today](#)

[Director's Corner](#)

[Result of the Week](#)

[Safety Tip of the Week](#)

[CMS Result of the Month](#)

[User University Profiles](#)

[ILC NewsLine](#)

## Feature

### Fermilab benefits open enrollment begins this week

Annual enrollment for flexible spending accounts and medical and dental plans will take place Nov. 1 through Nov. 22. Changes take effect Jan. 1, 2011.

Annual enrollment provides an opportunity for you to review your benefit choices to make sure they meet your needs and make changes if they don't.

One factor in making that decision is cost. The cost of healthcare involves more than just your per paycheck cost share. That is, however, a very important component of your healthcare costs. This year, Blue Cross Blue Shield Plans have a higher monthly cost share increase than the CIGNA plans. There are many reasons for this, including government legislation, increased claim costs at Fermilab and in the local community and the demand by plan participants for more specialized care. These factors increase the carriers' costs, which get passed on to the organization and then to the participant.

You can learn more detailed information about the cost increases [here](#).

One way to lessen your healthcare costs is prevention. Studies show that managing your healthcare and obtaining wellness check-ups positively influence the cost of healthcare. Many carriers also offer discount or rewards programs to help offset the cost of coverage. CIGNA has a [wellness program](#) that offers participating subscribers discounts on wellness products and services. Blue Cross Blue Shield has a [rewards program](#).

You should also examine your healthcare plan in anticipation of any medical expenses or procedures. By comparing the potential costs and coverage of each plan, you can see which one best fits your needs.

Representatives from both CIGNA and Blue Cross Blue Shield will visit the site for question and answer sessions in the coming weeks. You can see the schedule of their visits [here](#).

If you have additional questions, please [contact](#) a Benefits Department representative.

## In the News

The lesson is to NEVER reveal any of your passwords to anyone. If you inadvertently do give up your password, notify the Service Desk immediately and tell them what happened so they can help you reset your password and notify computer security.

-- *Mark Leininger, computer security manager*

## Accelerator Update

Oct. 25-29

- Four stores provided ~35.75 hours of luminosity
- TeV conducts TEL and crystal collimator studies
- Pelletron back online
- MI coalescing problems fixed
- Booster RF problems fixed
- NuMI plans to resume normal operations today

[Read the Current Accelerator Update](#)

[Read the Early Bird Report](#)

[View the Tevatron Luminosity Charts](#)

## Announcements

### Latest Announcements

[Free weekly wellness classes](#)

[Bullying: It's everyone's problem - Nov. 18](#)

[ES&H Winter Fair - Nov. 10](#)

[Pedestrian safety awareness for families](#)

[Pedestrian safety at crosswalks](#)

[Annual enrollment](#)

[Martial arts classes](#)

[Free CERN LHC book](#)

[Needles and Threads introductory meeting schedule](#)

[Nov. 22 deadline for the University of Chicago tuition remission program](#)

[Toastmasters - Nov. 4](#)

[Argentine tango through Nov. 3](#)

[Accelerate to a Healthy Lifestyle program](#)

[Chicago Blackhawks November](#)

## "Set it and forget it!"

From *ILC Newsline*, Oct. 28, 2010

Fermilab and KEK scientists recently hooked up a new cavity tuning system to the various cavities in the so-called cavity-tuner zoo at KEK. This zoo, comprising eight superconducting radiofrequency cavities fabricated by four different vendors from three different regions, was the testing ground for a new development in what is called Lorentz force detuning (LFD) compensation.

Lorentz force detuning is an unwelcome phenomenon that rears its head when the superconducting radiofrequency (RF) cavity is simply turned on. As soon as RF power courses through the walls of the metal cavity, repulsive electromagnetic forces, or Lorentz forces, push apart charged particles in the metal. When the cavity is first manufactured, it's just the right shape to allow a particle beam to accelerate smoothly down its axis. But all the Lorentz force particle-pushing results in a deformation of the cavity wall, causing the cavity to be misshapen. The change is slight – the cavity is compressed only a few microns along its one-metre length – but is still enough to throw a wrench into its efficient operation.

[Read more](#)

[discount tickets](#)

[Yoga begins Nov. 2](#)

[Scrappers meet Nov. 2](#)

[Submit an announcement](#)

Classifieds

Find new [classified ads](#) on *Fermilab Today*.

### Info

*Fermilab Today* is online at:  
[www.fnal.gov/today/](http://www.fnal.gov/today/)

Send comments and suggestions to:  
[today@fnal.gov](mailto:today@fnal.gov)

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